

# Ecuador: Along the middle of the world

The Andean country of Ecuador is located on the Pacific Northwest coast of South America and borders Colombia and Peru. With an area of around 256,000 km<sup>2</sup>, Ecuador is about the size of the United Kingdom, but has only around 15 million inhabitants.

Ecuador is divided into three geographical zones:

- The west coast dominated by the Río Guayas. In its estuary lies the port city of Guayaquil - with around 3 million inhabitants, it is also the largest city in the country.
- The central Andes region with the country's highest mountain, the 6,310 m high Chimborazo, and the capital Quito, which is located at 2,900 m in a high valley and is almost on the equator. The mountain ranges are characterized by strong volcanism.
- Beyond the Andes lie the rainforests of the Amazon lowlands.

The Galápagos Islands, 1,000 km off the coast in the Pacific, also belong to the national territory of Ecuador.

From high Andean towns we hike to extinct volcanoes and emerald green lagoons. Can we spot the black condor? The waterfall route then takes you into the Amazon region with rampant rainforest, parrots and the Rio Napo.

## Ecuador - Along the middle of the world

- City tour of Quito and Equator Monument "Mitad del Mundo"
- Otavalo with a visit to the colorful handicraft market
- El Angel National Park
- Quilotoa Loop
- Cotopaxi National Park
- Place of pilgrimage Baños
- Tena - the Ecuadorian gateway to the Amazon
- Immerse yourself in the culture: visit a traditional weaving mill and visit a Kichwa family

## OVERVIEW

- City tour of Quito and Equator Monument "Mitad del Mundo"
  - Otavalo with a visit to the colorful handicraft market
  - El Angel National Park
  - Quilotoa Loop
  - Cotopaxi National Park
  - Place of pilgrimage Baños
  - Tena - the Ecuadorian gateway to the Amazon
  - Immerse yourself in the culture: visit a traditional weaving mill and visit a Kichwa family
- 
- 17 Days/ 16 Nights
  - January to December
  - Moderate

## Difficulty Condition

[More Info](#)

# Travel Program

## Day 1: Bienvenido in Ecuador!

Upon arrival at Mariscal Sucre International Airport, our English speaking tour guide will welcome us and accompany us on our journey through diverse Ecuador. We start with a drive through a unique mountain landscape in the northern province of Imbabura. Our destination is the tranquil Andean town of Otavalo, about an hour and a half north of the airport. We spend the night in a 150-year-old hacienda at 2,500 m and can enjoy the peace and quiet after the long flight. The architecture represents the traditional Andean country house with chimneys, mud walls, wooden beams and tiled roofs. International flights are not included!

### **Overnight**

Hotel

### **Flight**

Arrival to Ecuador

### **Driving**

1 hour aprox.

### **Hiking**

1 hour aprox

### **Meals**

-/-

## Day 2: On the tracks of spectacled bears

We follow in the footsteps of the spectacled bear! The Spectacled Bear Project in Pimampiro (El Mirador del Oso Andino) is a project where Danilo Vásquez and biologist Andrés Laguna have been conducting research, capacity building and local empowerment for more than a decade, supported by a collaborative agreement with the Big Mammals Conservation Foundation.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

3 hours aprox

### **Meals**

B/L/-

## Day 3: El Angel National Park

The nature reserve El Ángel is about 15,700 ha and covers altitudes from 3,600 m up to the summit of the volcano Chile (4,768 m). For lunch we arrive at Polylepis Lodge, which is our accommodation for the night. In the afternoon we embark on a hike in the Polylepis forest near the lodge.

In the national park, which was only established in 1992, we can see rare plant species on the Páramo meadows, move to an altitude of around 3,700 m and look out for Andean jackals, mountain pumas, eagles, Curiquingue falcons and condors.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

3 hours aprox

### **Meals**

B/L/-

## **Day 4: Hike through a forest of Frailejones Gigantes**

In the morning we start our hike from Socavones (3,850 m) to the “Mirador” viewpoint, past the “Arquitecto” lagoon and to the “Agua Blanca” waterfall at 3,450 m.

The lagoon-rich landscape is home to the endemic giant plants “Frailejones Gigantes” that cover large areas of the area and appear like large forests from afar. These plants, about three meters high, were called Frailejones (“monks”) because they resemble a monk.

In the afternoon drive to Otavalo.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

5 hours aprox

### **Meals**

B/L/-

## **Day 5: The colorful handicraft market in Otavalo**

Otavalo is famous for its large, colorful handicraft market in the center of town. In the morning we have time to stroll through the colorful market, which takes up almost a third of the entire city area on Saturdays. Colorful woven goods such as blankets, hammocks and tablecloths, but also jewelry made from the tagua nut (also called vegetable ivory), musical instruments, leather goods and much more are offered for sale. After a stroll through the market, we visit a local weaving mill, where the weaving process is explained to us and we learn more about this traditional craft. We end the day with a short hike to the Peguche waterfall before continuing to Quito.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 6: Equator monument Mitad del Mundo and city tour in Quito**

Today we have a full program in store for us. In the morning we first drive to the outskirts of Quito to the so-called "middle of the world". The Mitad del Mundo Equator Monument was built to commemorate the Franco-Spanish geodesic expedition in the 18th century. Here we can stand with one foot in the northern hemisphere and the other foot in the southern hemisphere!

In the afternoon we head south from the equator and we get to know Quito's old town better, the largest and best preserved old town in Latin America and a UNESCO World Heritage Site since 1978, on a guided tour. Our guide shows us the highlights of colonial Quito with its churches, historical buildings and monuments. We then drive straight on to Lasso and spend the night in the historic Hacienda La Cienega, where Alexander von Humboldt stayed in 1802 (altitude approx. 3,000 m).

**Overnight**

Hotel

**Driving**

3 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 7: Hike from Sigchos to Isinlivi**

In the early morning we drive to Sigchos at 2,557 m, from where our three-day hike through the Ecuadorian Andean highlands starts. The paths lead through remote Andean villages, past fantastically beautiful landscapes with rivers, gorges and volcanoes. The highlight at the end of the hike is the emerald green crater lake of Quilotoa Volcano.

Equipped with a day pack, we first trek down the Toachi Valley to 2,242m, then climb again to Isinlivi, a small remote village at 2,952m. The trek to Laguna Quilotoa brings you up close and personal with the rural landscape and the friendly people touches locals and ensures an authentic experience. Our luggage is already waiting for us at the hotel.

**Overnight**

Hotel

**Driving**

3 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

## **Day 8 : From Isinlivi to Chugchilan**

During this trek we cross the Toachi River via a suspension bridge. We will also get a good impression of what life is like in the Andean highlands: we pass small farmhouses and get to know the indigenous people who work in the fields in a picturesque landscape. Again and again vantage points provide spectacular views of the Toachi Gorge. In the afternoon arrival in Chugchilan (3,200m) and accommodation in a cozy guesthouse.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

4 hours aprox

### **Meals**

B/L/-

## **Day 9: Quilotoa Loop**

After a hearty breakfast we leave Chugchilan today for our last leg and follow the ascending path to the Quilotoa crater. The hike leads from 3,200 m to 3,900 m and takes about 5 to 6 hours.

In the afternoon we are rewarded for the efforts of the last few days with a fantastic view of the crater lagoon: bright turquoise, sparkling emerald green, velvety navy blue, depending on the time of day and the incidence of light, it shimmers in a different shade of blue or green. And if visibility is good, we can even see the snow-covered Cotopaxi from the crater rim!

Our transport awaits us in Quilotoa and we drive to Tigua, a small village where we spend the night.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

4 hours aprox

### **Meals**

B/L/-

## **Day 10: Cotopaxi National Park - Trek to Rumiñahui Central**

Early in the morning we drive to Cotopaxi National Park to Limpiopungo Lagoon at 3,800m at the foot of Mount Rumiñahui, the starting point of our trek to Rumiñahui Central Peak (4,631m). We hike through pastures and encounter a variety of different bird species, with a bit of luck a mighty Andean condor can be observed. During the ascent and from the summit there are great views of El Corazon, Ilinizas, Sincholagua and the majestic Cotopaxi.

### **Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 11: Place of pilgrimage Baños**

Baños – Baños de Agua Santa to be precise – is a small town known for its thermal baths and melcocha, a candy made from a type of sugar mass that is shaped in theatrical gestures and thrown several times over a hook on the door frame.

The atmosphere is relaxed, the climate is pleasant and the tropical rainforest of eastern Ecuador is only a few kilometers away! An ideal base for hiking and to see the active volcano Tungurahua in action (optional).

**Optional:** Climbing the Cotopaxi – previous mountaineering experience absolutely necessary!

An absolute highlight awaits the mountaineers. In the morning you drive to the parking lot, at 4,600 m altitude and meet the mountain guides who will take you up the Cotopaxi tomorrow. The subsequent ascent to the José Ribas hut is short but difficult. A few exercises are carried out on the glacier together with the mountain guides and tomorrow's route is discussed. Then it's time to go to bed early, because the ascent to the summit of Cotopaxi begins shortly after midnight. A mountain guide may lead 2 people. Around midnight you will start the ascent to the summit of the glaciated Cotopaxi volcano (5,897 m) together with your mountain guide. In normal conditions, this is technically not very difficult, but you have to be absolutely sure about using crampons, rope and ice ax and you have to have the right equipment (you can find a list of equipment under Information/Notes on the trip or in a personal conversation)! First it goes over a partly snow-covered scree slope to the glacier entrance at approx. 5,250 m. Over a last steeper slope you get to the edge of the crater. On a clear day, the volcanic peaks of Antizana, Illiniza, El Altar and the 6,310 m high Chimborazo can be seen. 6 – 8 hours for the ascent and 2 – 3 hours for the descent.

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 12: The Ecuadorian gateway to the Amazon: Tena**

We drive along the scenic waterfall route through the Pastaza Gorge towards Puyo. In Rio Verde we hike to the roaring waterfall "Pailón del Diablo", which thunders down over several cascades. On a steep stone staircase and often only shoulder-high corridors we approach the last few meters to the waterfall. There is also the option of crossing the gorge with a cable car.

In Puyo, we visit the Yanacocha Animal Sanctuary, which takes care of rescued animals, before continuing

to the Jungle Lodge outside of Tena. During a 20-minute motorized canoe ride we get a first glimpse of the Ecuadorian gateway to the Amazon. In the evening there is the possibility to go on a night hike!

### **Overnight**

Hotel

### **Driving**

4 hours aprox.

### **Hiking**

5 hours aprox

### **Meals**

B/L/-

## **Day 13: Parrot lick and visit to a Kichwa community**

Early in the morning we leave for the Parrot Rocks to watch the noisy spectacle and hustle and bustle of the parrots and parakeets. The rock contains important minerals to digest the ingested fruits and seeds. With binoculars, the natural spectacle can be viewed even more closely!

After breakfast we go on a hike through parts of the primary rainforest. We learn a lot about endemic plants and their use as a source of food and their medicinal effectiveness. Of course we also keep an eye out for monkeys, birds and other inhabitants of the rainforest.

We return to the lodge for lunch, have a short siesta and then visit an indigenous Kichwa community. A family gives us insights into the culture and traditions of the tribe that lives in harmony with nature. The locals show us how to prepare the typical drink of this region, chicha, which is made from fermented yucca.

### **Overnight**

Hotel

### **Driving**

4 hours aprox.

### **Hiking**

5 hours aprox

### **Meals**

B/L/-

## **Day 14: Jungle Adventure**

After a hearty breakfast, we canoe down the Napo River and embark on a short hike to Isla Anaconda, where we may be lucky enough to see the prehistoric bird Hoatzin, woolly monkeys and squirrel monkeys. After lunch in the form of a box lunch/picnic, we cross plantations where yuca, corn, coffee, cocoa, pineapple, papaya and bananas are planted.

In the afternoon we return to the lodge.

### **Overnight**

Hotel

### **Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 15: The thermal springs of Papallacta**

After breakfast, we return to the Arajuno jetty by canoe. It now offers us the last opportunity to let the Ecuadorian rainforest work its magic on us before we gain altitude again and drive up into the eastern Andes Cordillera to Papallacta. Located at 3,300 m in the middle of the evergreen Andean Páramo landscape, Papallacta is known for its thermal springs, where we can relax for a few hours. We spend the last evening together in the hotel near the airport (2,600 m).

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 16: International return or extension in the Galapagos Islands**

It's time to say goodbye to Ecuador, because today our journey through the beautiful country on the equator ends. We drive to the airport for the international return flight to Europe. Those who extend to Galapagos today fly from the mainland to the island archipelago.

You can find more information about an extension on the Galapagos Islands under Info or you can contact us directly!

International flights are not included!

**Overnight**

Hotel

**Driving**

1 hours aprox.

**Hiking**

1 hours aprox

**Flight**

Go back home by plane.

**Meals**

B/-/-

## Day 17: Arrival in Europe

### **Overnight**

Hotel

### **Driving**

1 hours aprox.

### **Hiking**

1 hours aprox

### **Flight**

Go back home by plane.

### **Meals**

B/-/-

**Included meals:** **B**=breakfast; **L**=lunch; **D**=dinner

## **What's Included**

### **Services included in the prices:**

- 15x overnight stays as mentioned in the itinerary
- Private transfer in minibus
- Meals as described in the program
- Consistently German-speaking, local, qualified tour guide
- Entrance fees to sights, churches and museums during the Quito city tour
- Entrance fee to national parks and nature reserves

### **Not included:**

- International flights
- All meals, services and entrance fees not mentioned in the itinerary
- Personal expenses such as drinks or optional excursions
- Gratuities for the crew
- travel insurance
- Small group supplement 4-6 people 340€ per person
- Single supplement 650€ per person
- Cotopaxi ascent (from 2 people): 370€ per person

## **Would you like to customize this trip?**

Build your tailor made trip in South America with our experts.

Our travel experts will help you plan the trip of your dreams. Customizing every aspect of your holidays in South America to your specific preferences.

## [We Provide Satellite Internet access during Treks or Expeditions](#)

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Discover a wide range of travel ideas throughout South America. Every one of our proposals is fully customizable to fit your preferences and make your journey truly unique.

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- [Climb Huayna Potosi](#)
- [Visit Isla del Sol Sun Island](#)
- [Climb Volcano Sajama](#)
- [Climb Cotopaxi & Chimborazo:](#)
- [Climb Volcano Ojos del Salado](#)
- [Visit Torres del Paine](#)
- [Climb Mount Aconcagua](#)
- [Visit Iguazu Falls & Rio](#)
- [Climb Mount Orizaba](#)
- [Visit Rainforests and Volcanoes](#)
- [Climb Volcano Tolima](#)

Accordion #1

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

Accordion #2

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

## **What to Bring**

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that

this list has been carefully annotated by the organizer. Remember that mountaineering, mountaineering or mountaineering is an extreme, risky sport, therefore everything related to it is of great attention.

## **Equipment Trekking**

Hiking backpack for hiking 30 to 40 liters

Light gloves for hiking or (Optional Mittens waterproof)

Medium weight socks

Sleeping bag (-10° to 15°C)

Small daypack for one day hiking 20 liters

Weather-appropriate clothing (think moisture-wicking and layers)

Hiking boots or shoes

Medium weight parka with fibber fill or down

Rain poncho (or rain gear)

Long-sleeved shirts

Fleece or Wool sweater and/or trousers

Lightweight pants

Cotton short-sleeved shirts or t-shirts

Water bottle for hiking or trekking

Strong waterproof duffel bag

Flashlight with spare batteries and bulb

Towel for personal hygiene each participantFirst-aid kit

Regular and long underwear

Knife or multi-tool

Light cap and wool hat

Sunglasses with UV certification, Sun block, lips

The rest of the list Essentials as appropriate for your hike

Grooming and personal hygiene kit

One Hiking Buff per person

[See More](#)

## [Equipment Mountain](#)

3 Locking carabiners, we recommended per person

We recommend 2 ice screws for each client

1 Daisy Chain (Life Line) per each person

2 Ice axes (per person) technical, we recommended GRIVEL company

1 ATC descender (Rappel), this is very necessary for technical mountains

2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)

Gloves(Good gloves) for expeditions over 6000meters

Harness, we recommended GRIVEL company

Sleeping pad / Mattress, we recommend with air or inflatable mattress

Crampons, we recommended GRIVEL company

Walking sticks (optional), a pair per person, we recommended GRIVEL company

Down Jacket for expedition

Very important to have personal clothing such as pants and jacket with GOROTEX certification

First aid kit, for high mountains, because we as guides cannot medicate clients

Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high camps, because here you have to carry all your personal things

Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

### [See More](#)

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

**→ If you need to rent mountain equipment click here:**

## **Prices & Dates**

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 JAN 2026 / 17 JAN 2026

**\$ 3550**

□

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 FEB 2026 / 17 FEB 2026

**\$ 3550**

□

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 JUN 2026 / 17 JUN 2026

**\$ 3550**

□

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 JUL 2026 / 17 JUL 2026

**\$ 3550**



[Join Now](#)

- Single Supplement (I want my own room and tent) - \$000 on request.

**Please note:** Insurance for emergency evacuation is required for this trip. [Call for more details.](#)

- » Additional dates available upon request
- » Rates may vary from July 26th to 31th for the national holidays

**Prices (per person):**

<b>1 PAX</b>	<b>2 PAX</b>	<b>4 PAX</b>	<b>6 PAX</b>	<b>8 PAX</b>	<b>10 PAX</b>	<b>12 PAX</b>	<b>14 PAX</b>
7100 USD	3550 USD	3450 USD	3350 USD	3250 USD	3150 USD	3050 USD	2950 USD

**Deposit for reservations:** — USD (- EUR) ✓ Full payment 40 days before. No refund if you cancel less than 30 days!

**Places:** \*Available

**Trip-code:** Number ► ECU-

**Duration:** 17 days

**Participants:** Minimal: 4 Maximal: 12

**Members:** We don't have an open group to join - We can open a new group - [Contact us!](#)

**Country / Location:** Ecuador

**Mountain Guide:** Eric Albino Lliuya

**Other dates / additional info:** [Contact us!](#)

*3% early bird discount when booking 6 months prior to departure 2026*

**Legend Booking-information:**

**EZZ** Single room supplement

- ☐ On this trip, places are still available.
- ☐ On this trip, only a few places left.
- ☐ This trip is sold out / closed.

## Eric Raul Albino Lliuya

Expert guide certified by AGOMP  
General Sales Manager of Peru Expeditions

- **WhatsApp:** [+51 943 081 066](tel:+51943081066)
- **E-Mail:** [office@peru-expeditions.org](mailto:office@peru-expeditions.org)

[Read more](#)

## Hans Honold | Certified Mountain and Ski Guide

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** [+49\(0\)7344 929144-0](tel:+49073449291440)

[More information](#)

We are a Private Company with a Specialized Peruvian Andean Rescue Team “Socorro Andino Peruano”, offering expert High Mountain Rescue Services. Additionally, we provide satellite internet access during treks or expeditions, ensuring the safety and connectivity of our clients at all times. For more information, feel free to contact us via email or phone

- **Tel:** [+1 \(617\) 459-4200](tel:+16174594200)

[More information](#)

## Frequently Asked Questions

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

### Suggested FAQs

#### [What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?](#)

**For our mountain climbing trips:** If they are easily accessible mountains: For easy-climb mountains, well, you don't need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above 6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

**Regarding the preparation of children:** Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your

children, we can give you some advice or see how to prepare them before going with them.

**Regarding older people:** It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have any other questions, please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

**[Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?](#)**

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc. ) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: <https://peru-expeditions.org/equipment-rental/> . **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

**[Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?](#)**

**Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19.** Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners -Global Rescue**. If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

**[What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?](#)**

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps If you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

**[How far in advance should I start training and what kind of training do you suggest?](#)**

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the

use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[What is the average distance and altitude gain that we will hike each day?](#)**

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[Will there be porters to help to carry group and personal equipment?](#)**

**In our trips, either hiking or mountaineering:** Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

**Who are the porters?** They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **[How will accommodation and meals be handled during the trek?](#)**

**About accommodation or meals during the tour:** Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

**If the tour is with camps and trekking:** During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

**If the trip is at altitude or in the mountains:** We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

### **[What is the guide-to-client ratio to climb this mountain?](#)**

**In mountains above 5000 meters:** A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

**In technical mountains:** In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What is the best time of the year to climb this mountain?**

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **Do I have what it takes to succeed on this expedition?**

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to be the weakest link on a trip like this. By setting expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

### **How can I get to the trailhead/meeting point?**

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What is the best time of the year for this hike?**

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### **What happens in the event of bad weather?**

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best season to have the best views and enjoy the selected trip but sometimes even in good season we can have bad weather, in this case on hiking or treks trips the complications are minimal, but when this happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: [+51 943](tel:+51943081066)**

## [Can I join a group?](#)

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

**Why go in a private trip:** For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would already be private .

For more information please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

## Additional information

**We help in the purchase of air tickets:** we set up convenient flight options with each participant of the trip and book tickets such as international flights and domestic flights in each destination city of the countries that we offer our trips. We recommend you booking international flights tickets well in advance so we can find current flights offer prices from the airlines. In order for us to search for and book your flight, please contact us and we will be happy to help you!. → [More information click here](#)

**About a Satellite Phone or inReach® Messenger - GARMIN:** On each trip we recommend having a satellite phone at your disposal. The possibility of quick contact from anywhere on the mountain will guarantee your safety on the road. In case of need (for example, contact with the family or the travel company), for this service the participants have to request to rent a satellite phone, of course this service has an additional cost, contact us or ask our office for more information. A practical device is to have an inReach® Messenger - GARMIN also helps for any emergency. → [More information click here](#)

**Many of the participants or clients** of our adventures, hikes and expeditions in the mountains are people who sign up alone, but in some of our trips you will be able to find a travel partner companion to join a group. We have many options for you from day tours, short treks, long duration tours, and even the most extreme climbing high mountains on each country or South American continent and other destinations, as like the destinations you can see on our website. The mountains are a great place for rapid integration and a very healthy sport. → [More information click here](#)

**Our mountain guides or tour leaders:** All of our Tour Leaders are multiple conquerors of the peaks they lead the expeditions to. Each of our cultural guides, high mountain guides, mountainbike guides, among others are internationally recognized and certified guides, such as the certifications of **(UIMLA)** Union of International Mountain Leader Associations & **(IFMGA)** International Federation of Mountain Guides Associations. The mountaineering experience, skills and knowledge of your guides are a priority for us. → [More information click here](#)

## VISA

## CURRENCY

## VACCINATIONS

## FIRST AID KIT

## WHY CHOOSE US?

## JOIN A GROUP

## VISA

### **VISA NEEDED**

Citizens traveling for tourism purposes are exempt from the **visa requirement for up to 90 days**.

The passport must be valid for at least 6 months from the date of return to the country.

There are some countries that have some restrictions on the visa to be able to **visit some countries in the world**, for this important information request us to be able to give you more exact information, since the information changes every year and then to be able to provide you for more accurate updated information, [→ contact us!](#)

## CURRENCY

### **CURRENCY EXCHANGE DEPENDING ON WHERE YOU ARE:**

**Local money | \$1 = 000 | EUR 1 = 000** = Let us to know which destination would you like to travel to so we can send you the current information of the day to your → [E-mail](#), or by [WhatsApp](#).

Local currency is exchanged on site. You can change both dollars and euros, the two currencies are the most used. We recommend taking bills of different denominations.

**ATMs are available** in the larger cities. Attention! We avoid dollars from the years 1996-2006 (some series from these years are not accepted at all). It is better to take dollars issued after 2006 to better the most recent of the current year.

## VACCINATIONS

### **VACCINATIONS BEFORE YOU LEAVE**

#### **Compulsory vaccinations:**

- They are not required

#### **Recommended vaccinations:**

- Hepatitis A and B (3 doses: 0/1/6 months, at least 2 doses administered at least 2 weeks before departure)
- Tetanus
- Diphtheria
- Typhoid fever
- Yellow fever (yellow fever)
- Antimalarial prophylaxis is recommended for traveling in the jungle area

In some destinations that you are going to visit, the information that is on our website may not be updated. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

## **FIRST AID KIT**

### **TRAVEL FIRST AID KIT**

Everyone should have a personal first aid kit, and in it: medicines against diarrhea and stomach problems (sometimes appearing when the bacterial flora changes), painkillers and medicines for the throat. In addition, good creams with a UV filter or so-called blockers (sun radiation in the mountains is very high).

**ATTENTION!** Due to parasites and bacteria for drinking, we recommend using mineral water in the original bottle and boiled. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

## **WHY CHOOSE US?**

### **WHO ARE WE AND WHY CHOOSE US?**

We are a travel agency that provides authentic and innovative experiences with a respectful relationship with the socio-cultural customs, the environment and the regulations of the countries we promote. We are characterized by the personalization of our tourist services, with empathy, attitude and professionalism; turning customer dreams into reality and exceeding their expectations. We are "Registered Travel and Tourism Agency". To know more about → [US click here please!](#)

The company Peru Expeditions Tours has the most experience in organizing commercial ascents and complex high-altitude expeditions.

We have the most **experienced and qualified guides** for cultural trip, climbing tours, MTB tours, Ski tours, including famous climbers.

We always give away team **jerseys-T-shirts, buffs, or a cap as a gift**

Good own **personal tents to live in height** and special big tents to dine inside the trekking or mountain.

The highest percentage of **successful ascents**.

We provide the best living and eating conditions. We take into account the peculiarities of nutrition (**you can order a vegetarian menu**).

Free conferences in the office with **own videos material and photographs**

## JOIN A GROUP

### **ARE YOU LOOKING FOR A TRAVEL PARTNER?**

**Join a group with us:** Trekking, hiking and expeditions. What is your profile? Are you planning to go on a trek or expedition in South America and you are not yet sure about the most suitable offer? If you are looking for a partner, we have the solution. **Peru Expeditions Tours** has some groups that you can join and share your experience with on an unforgettable journey. (« Upcoming Trips / Upcoming Departures / Open groups / Confirmed / Trips Guaranteed 100% ») WHERE **WOULD YOU LIKE TO CLIMB, WALK, HIKE, AND TREK?** For more information please click here! → [JOIN A TRIP WITH US!](#)

## Why Travel with us

### Your Safety is Our Priority

### Expert Guides

### Sustainable Tourism

### Andean Chefs

### Food on the Trail

### Small Groups

- Recommended Tours
- 

### [Inca Trail to Machu Picchu 5](#)

[Perú 07 Days/06 Nights](#)

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### [Choquequirao Trek Adventure 5](#)

[Perú 04 Days/03 Nights](#)

[Recommended](#)

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## [Rainbow Mountain, Vinicunca 5](#)

[Perú Full Day](#)  
[Recommended](#)

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## [Vilcabamba Trek to Machu Picchu 5](#)

[Perú 05 Days/04 Nights](#)

## Reviews

Leave a Reply

**YOU ARE AN ADVENTURE LOVER and you want to experience something **extraordinary and extreme?****

You are an adventure lover and you dream of leaving with a thrill. **Peru Expeditions Tours** is also an option for you. Take advantage of our travel offer that we have for you!

**“We don’t sell tours, we provide memorable lifetime experiences.”**

We are a recognized tour operator **100% peruvian company** that specializes in adventure and traditional tours service.